

Abstract

Title: Analyzing the effectiveness of Dukan's reducing diet of selected overweighted women on the basic of case studies.

Objectives: The aim of this study was to assess whether the Dukan Diet works. Based on the scientific literature and through informants evaluate the attitude towards this diet.

Methods: The research involved 5 women. Age of tested women was (mean \pm SD) $55,2 \pm 1,7$ and BMI $28,1\text{kg/m}^2 \pm 2,5\text{kg/m}^2$. I used a qualitative research method for collecting data. Everything I have subsequently analyzed in detail in the case reports. The tested women were familiar with the observance of the same diet and exercise regimen, which was necessary to follow throughout the experiment. Everything was based on autocoaching and based exercise schedule which received from me.

Results: After eight weeks keeping the Dukan diet to lose weight respondents number 1, number 2 and number 4 required 5 kg. The respondent number 5 also managed to reduce their weight by 5 kg, but after the 9th week dietary compliance. Only the respondent number 3 failed to lose weight 5 kg for the entire period of research. Yo-yo effect is manifested after half a year by the respondents number 3 and number 5.

Keywords: The Dukan Diet, obesity, healthy lifestyle.